

INTERNATIONAL WEBINAR

# Psychoeducation on Post Traumatic Stress Disorder from Counselling Perspectives

Wednesady | 17<sup>th</sup> February 2021 | 12pm (Malaysia Time) |  
Via Zoom | Invited by Project Headway Grammar School, Bangladesh

By,

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# What is MENTAL HEALTH?

A state of emotional and psychological wellbeing in which individual is able to use his or her cognitive and emotional capabilities, function in society and meet the ordinary demand of everyday life



# Work Together by Recognising 2Rs

- **Reconceptualize** how individual thinks and talks about mental health and mental illness
- **Review** individual's mental health rights and responsibilities

## Mental health spectrum



Adapted from Centre for Mental Health



Healthy	Mild Disruption	Moderate Disruption	Severe Disruption
Normal functioning	Common and reversible distress	Significant functional impairment	Severe and persistent functional impairment



# ***ANXIETY ABOUT COVID-19***

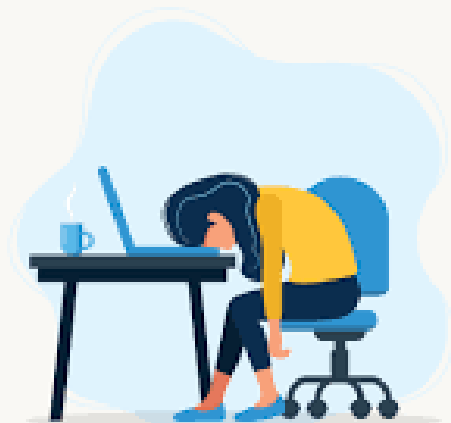


Approximately 70% of young people reported feeling anxious or very anxious about COVID-19.



## Mental Health

The next global crisis  
on its way



# Questions for Thought

1. Do you have nightmares or think of traumatic event when you do not want to?
2. Do you go out of your way to avoid situations that remind you of the event?
3. Have you been constantly on guard or easily startled?
4. Have you felt numbed or detached from people, activities, or your surroundings?
5. Have you felt unable to stop blaming yourself for the event and the problems it caused?



## What we can do

Make people feel heard, safe and secure

Identify and assist with current needs

Foster belief in personal coping skills



# Trauma



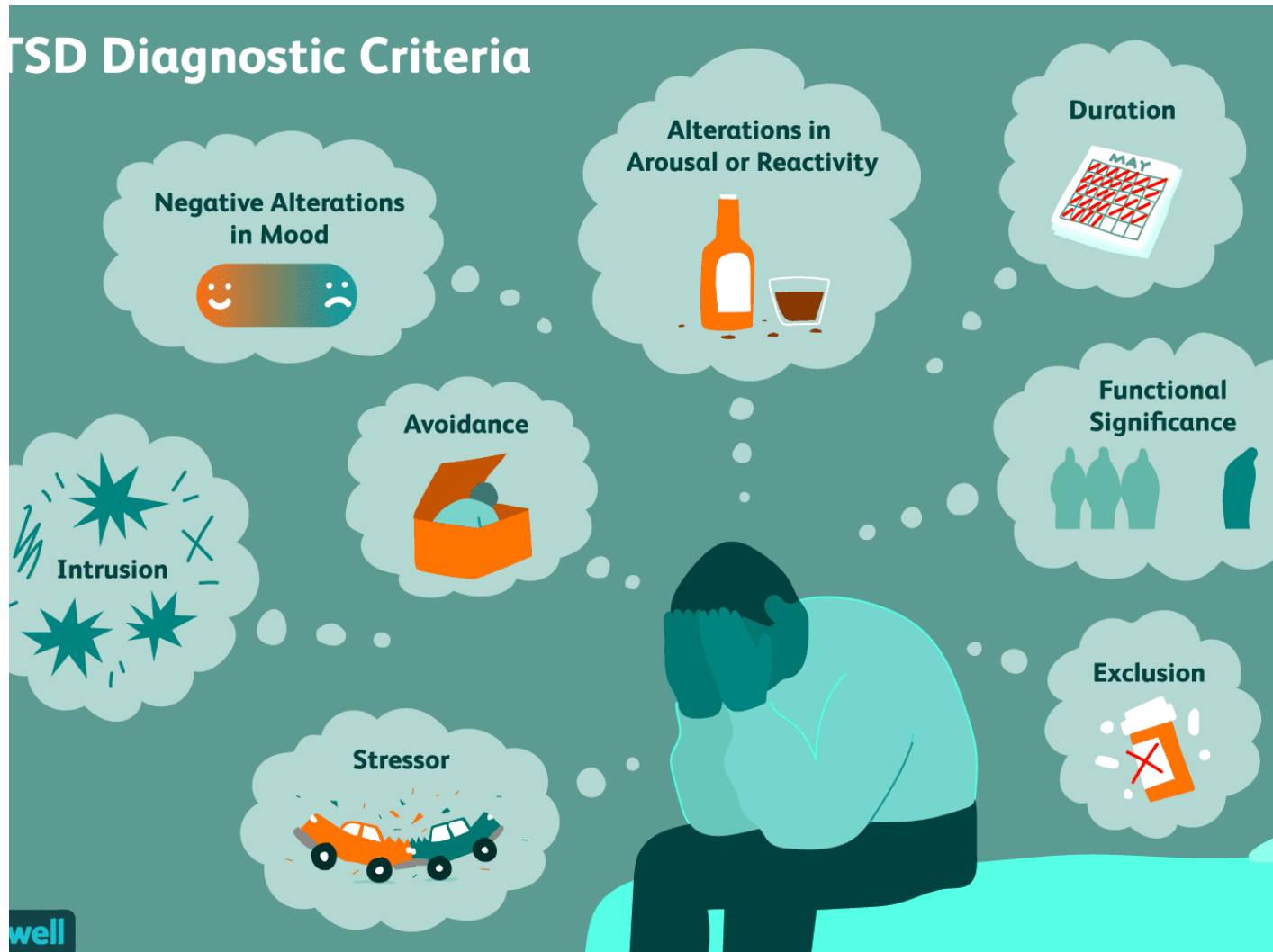
# Stress



# Some of the Causes



# Post Traumatic Stress Disorder





# PTSD

## SYMPTOM CATEGORIES

### 1. Intrusive thoughts

repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event. Flashbacks may be so vivid that people feel they are re-living the traumatic experience or seeing it before their eyes.

### 2. Avoiding reminders

avoiding people, places, activities, objects and situations that bring on distressing memories. People may try to avoid remembering or thinking, may resist talking about what happened or how they feel about it.

### 3. Negative thoughts & feelings

ongoing and distorted beliefs about oneself or others; ongoing fear, horror, anger, guilt or shame; much less interest in activities previously enjoyed; or feeling detached or estranged from others.

### 4. Arousal and reactive symptoms

being irritable and having angry outbursts; behaving recklessly or in a self-destructive way; being easily startled; or having problems concentrating or sleeping.

Source: AMERICAN PSYCHIATRY ASSOCIATION



# PTSD Risk Factors



Lack of support



Neurological



Life stressors



Previous  
trauma



Traumatic Event



Existing mental  
health condition



# Food for Thought

Q: If you were having a personal or emotional problem, how likely is it that you would seek help from the following people?

1. Husband/Wife
2. Friend(s)
3. Parent(s)
4. Relative/Family Members
5. Mental Health Professional (i.e.: Counsellor)
6. Phone Helpline
7. Religious leader (i.e.: Ustaz/Ustazah, Priest)
8. I would not seek anyone
9. Other: \_\_\_\_\_



# *COVID-19 Poem by Emma Madihie*

COVID19 is 'something'

We never heard about it before this

But COVID19 can simply change our life

Our social, Our behavior, Our emotion, Our way  
of thinking

We are fighting the invisible

We are struggling inside out

We hear infections and losses day by day

We fear, We anxious

When crisis struck, we live with family

Family becomes Number 1

We adapt and adapt

Sometimes Family makes us lonely

Though we live under the same roof

Physically presence, but not the heart

We feel empty in our own home

Friends are so far away

Trying to find new cyber friends

Lucky us, if we found the good one

And sometimes we don't

Nevertheless, life must go on

We must fight till the end

Together hand in hand

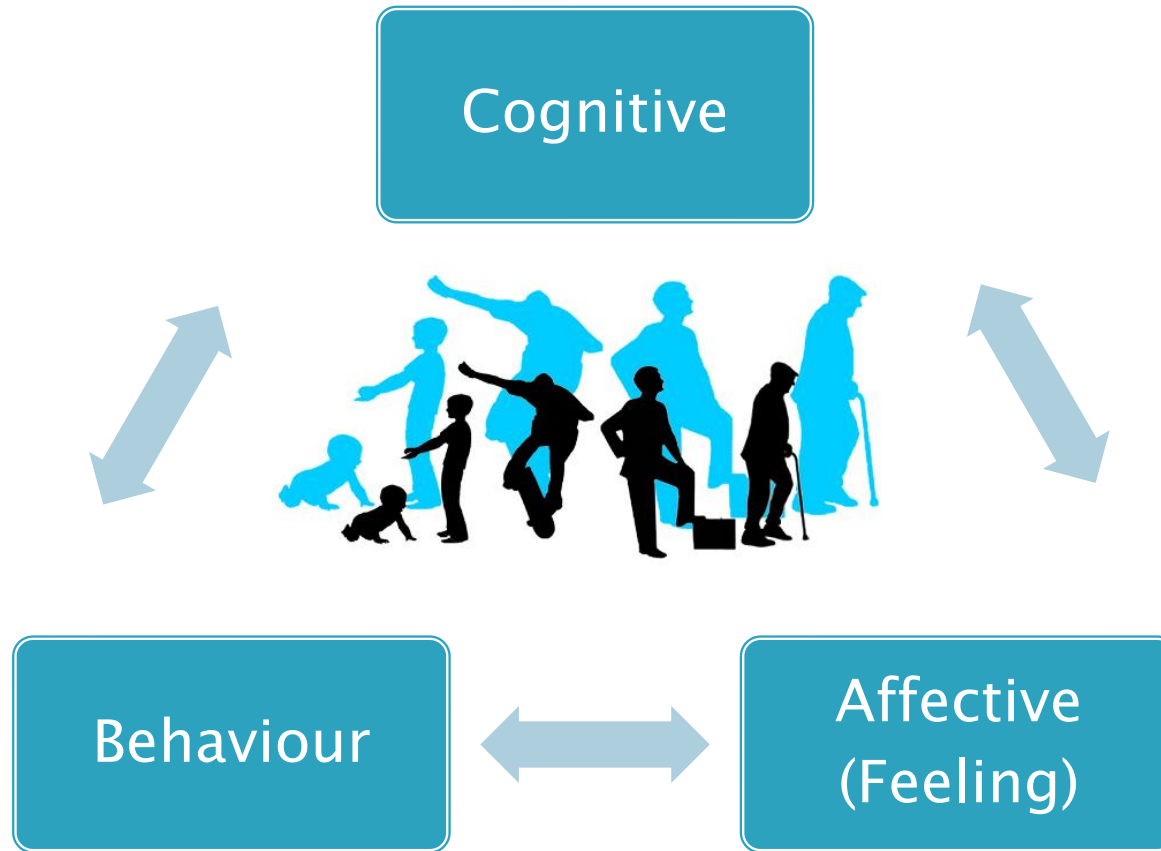
Together be resilient

Globally, stop the chain

Come back to the root of life

The Clean & The Cleanse

# A Challenge for An Individual



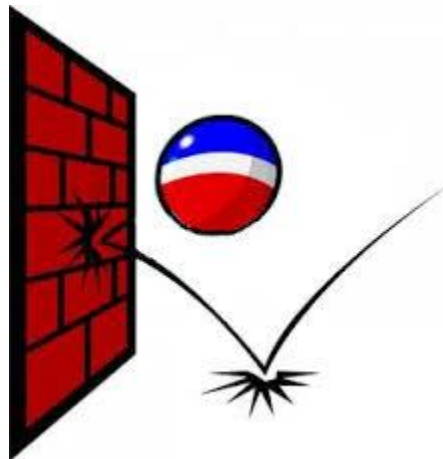


# Definition of Resilience

- ▶ As overcoming adversity, whilst also potentially subtly changing, or even dramatically transforming (aspects of) that adversity (Hart et al., 2013b; 2016)

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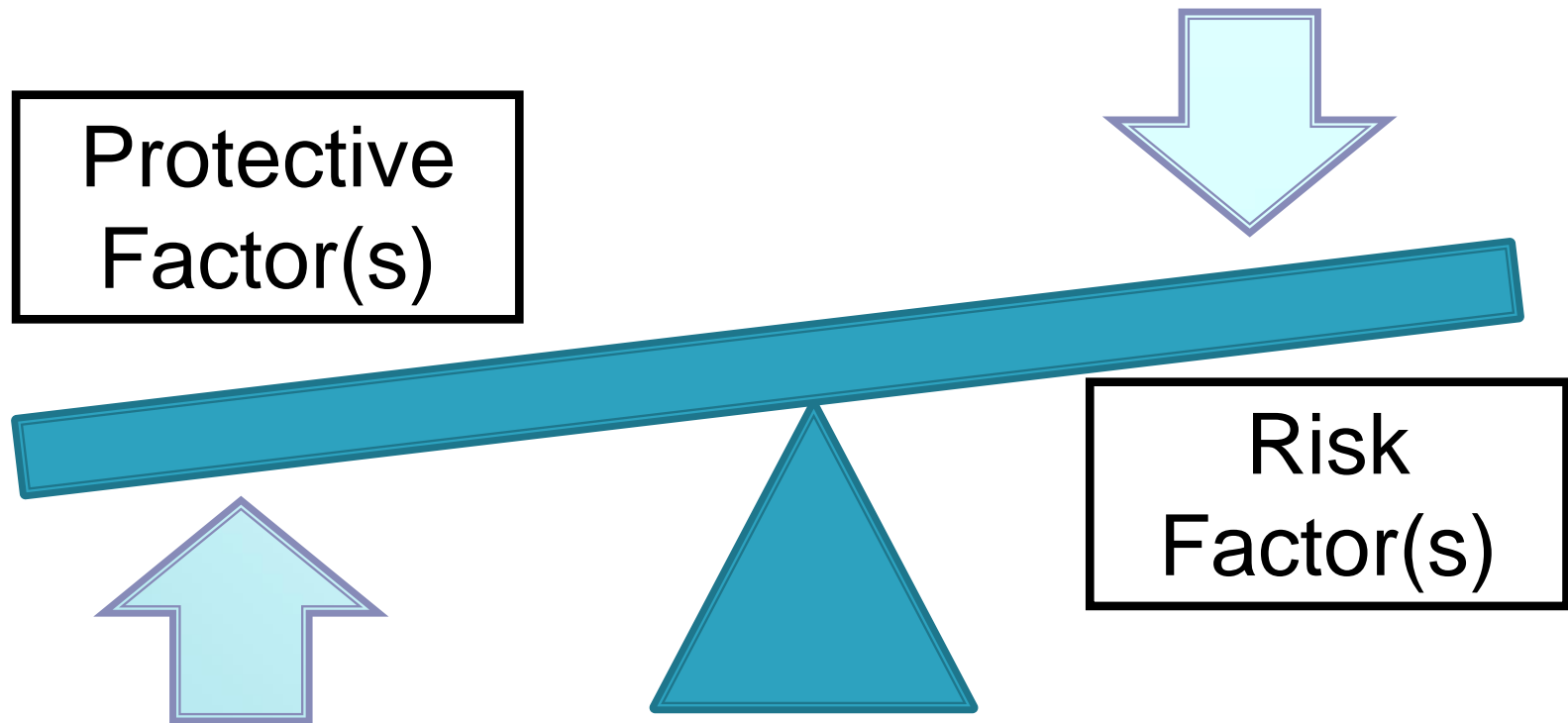
- ▶ A 'bounce back' state in individuals: adapt and adopt after any adversities, setbacks, changes, and/or obstacles in life (Amalia Madihie, Sidek Mohd Noah, Maznah Baba & Wan Marzuki Wan Jaafar, 2015)



# Resilience Process

- ▶ A process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors

# Generic Model: Resilience Model



# Resilient Individuals

- ▶ Are aware of situations, their own emotional reactions and the behavior of those around them
- ▶ Are able to regulate and manage feelings, it is essential to understand what is causing them and why.
- ▶ By remaining aware, **resilient people** can maintain control of a situation and think of new ways to tackle problems.



# Some Idea to Promote Mental Health

1. **Support the development of life skills**
2. **Promote social connectedness**
3. **Identify students /peers at risk**
4. **Increase help seeking behavior**

# AS PEER

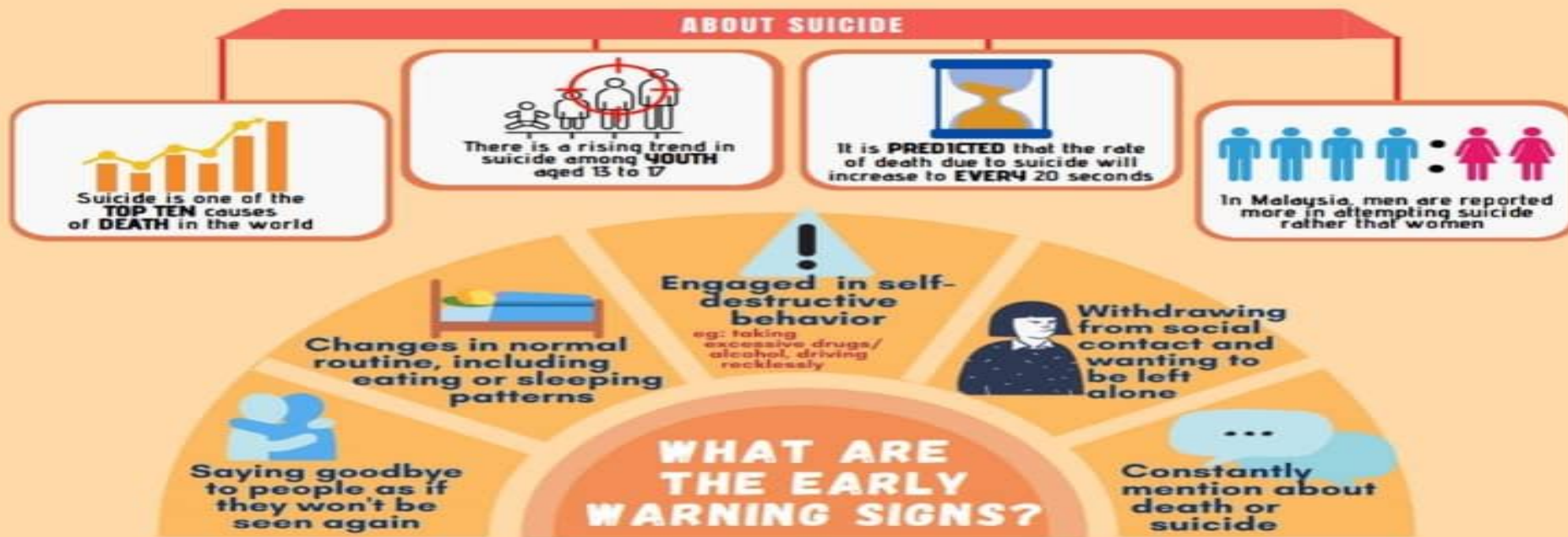


# Outreach Programme

## “Digital Intervention ”



# WORLD SUICIDE PREVENTION DAY 2020



*You Matter*

## WHAT YOU **SHOULD** AND **SHOULD'NT** DO?

### DO'S

- Ask the person **DIRECTLY** about his or her feelings
- LISTEN** to what the person has to say, and take it seriously
- Be **RESPECTFUL** and **ACKNOWLEDGABLE** the person's feelings
- Offer to **SHARE** the person take steps to get assistance and support
- Share your concerns with higher authorities such as, guidance counselor, teacher, lecturer, etc

**KNOW ANYONE WHO IS SUICIDAL?**

### DON'TS

- Don't be **PATRONIZE** or **JUDGEMENTAL** towards their feelings
- Don't **MINIMISE** or **UNDERESTIMATE** their situation
- Don't say "It will get better" or "You'll be all right"
- Don't tell them that they should be grateful for having a good life
- Don't **DARE** or **CHALLENGE** them to do it

**HOW and WHERE to seek professional support ?**

YES  
Are you in crisis?  
NO

Reach 24/7 Suicide Helpline

**03-76272929  
082-242800 (KCH)**

Consult registered counsellor nearby.

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# Counselling ToolBox Kit





# Focus on Breathing

## “Intervention”



# 8 Seconds of Breathing Technique: 4 seconds of inhale 4 seconds of pause Release

(Amalia Madihie, 13<sup>th</sup> April 2020 via UNIMASOfficial FB Live )

# Self-Reflection to Boost our Resiliency



# Self-Reflection to Boost our Resiliency

Basics

Belonging

Learning

Coping

Core Self

RESILIENCE |  
DAYATAHAN

# Conclusion

Promote mental health is  
important as physical  
health!

BEING RESILIENT is vital  
in dealing with any  
adversity of life



# Some Digital Materials To Be Shared

1. Program Anda Bahagia, TV Sarawak, Astro Channel 122

Youtube Link:

<https://www.youtube.com/playlist?list=PLPuACEqdN1IsibABOIdvSxTWgP-59Sv9c>

2. Facebook: Amalia Madihie



# Thank you

## Q & A Session

